

EXERCISE 1) THIS VERY BASIC WARMUP UTILIZES ALL OF THE OPEN STRINGS AND ALTERNATES BETWEEN THE INDEX AND MIDDLE FINGERS. ALTERNATE BETWEEN FREE STROKES AND REST STROKES WITH EACH REPEAT. USE ALL RIGHT HAND PAIRS: IM, MI, IA, AI, MA, AM.

SOME OF THE IMPORTANT THINGS TO FOCUS ON ARE: FINGER PAIR EXCHANGES - REMEMBER, AS THE I FINGER PLAYS THE STRING THE M FINGER (OR ANY OTHER RELEVANT FINGER PAIR) PREPARES ITSELF BY MOVING AT THE SAME TIME AS THE I FINGER INTO PLAYING POSITION. REMEMBER THIS EXCHANGE SHOULD BE EXPERIENCED AS ONE MOVEMENT NOT AS SEPARATE MOVEMENTS.

♩=40 TO 60

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EXERCISE 1A) USE THE SAME EXCHANGE TECHNIQUE BUT THIS TIME AFTER PLAYING EACH STRING 4 TIMES IN A LEGATO FASHION, PLAY EACH STRING STACCATO. IN THE STACCATO EXCHANGE THE FINGER THAT PREPARES ITSELF TO PLAY ACTUALLY STOPS AND RESTS ON THE STRING UNTIL IT'S TIME FOR IT TO PLAY. ON EACH STACCATO EXCHANGE THE EXCHANGING FINGER STOPS AND RESTS ON THE STRING. AS THE I FINGER PLAYS THE NOTE THE M FINGER ACTUALLY STOPS THE STRING DURING ITS EXCHANGE WITH I. THINK OF I AND M AS MOVING IN ONE MOTION AT THE SAME TIME.

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